



## City of Scottsdale 13/14 Health & Wellness Incentive



Wellness begins with awareness. Get to know more about your health and receive a wellness credit each paycheck by participating in this year's health and wellness incentive.

### **How to Get Started:**

**Step 1:** Visit your Primary Care Physician (PCP), or appropriate physician, for your free annual wellness exam between June 1, 2012 and May 31, 2013. This exam is designed to help build awareness and identify early warning signs of medical conditions. *Please note, if any other issue is discussed during the exam, it is not considered a wellness visit and your co-pay will be collected.* Please ask your physician to obtain blood work for your Lipid Panel Profile (CPT #80061). Please note that this is a fasting test, for the most precise results, you should fast 10-12 hours before testing. You cannot eat, but may drink black coffee or tea (no cream or sugar). If you are diabetic or hypoglycemic, consult your physician for fasting instructions. You may write your results on the Health Assessment Form on the back of this page. Need help finding a physician near you? Visit [www.aetna.com](http://www.aetna.com) to find a doctor near you in the network.

**Step 2:** Create and complete a new Health Assessment at [www.aetna.com](http://www.aetna.com) between March 1, and June 15, 2013. This assessment is a questionnaire that incorporates lifestyle choices with the biometric blood draw results to give the bigger picture of your overall health.

**Step 3:** Beginning the first pay period in July, you will receive \$5 (single)/\$10 (family) Wellness *credit* per paycheck. Over the course of a year this equates to \$120 (single)/\$240 (family). We hope that you use your primary care physician visit and lab results to help improve your health and wellness.

### **Frequently Asked Questions**

**Who is eligible to participate?** All benefit eligible employees are able to participate in the health and wellness incentive.

**How do I receive the family discount?** If your spouse is participating in the City benefit plan, both you *and* your spouse must complete steps 1 and 2 to receive the wellness credit, otherwise you will receive NO credit.

**How much is my wellness visit?** There is no out of pocket cost for a wellness visit to your primary care physician, however, if your physician codes the visit as diagnostic, an applicable co-pay will apply.

**Is this a drug test?** No. This is a simple blood draw that helps detect early stages of disease and disorders.

**Is the HRA confidential?** Yes, Aetna ensures each individual's confidentiality and complies with current HIPAA requirements. Your employer does not receive any information pertaining to your personal tests and has no access to your personal information.

**Why are we asking for this information?** The City receives the data in an aggregate form (no names or specific results) and uses it to create custom benefits and wellness programs for our workgroup.

# Health Assessment Form



Please complete this form with the information provided to you at your Primary Care Physician visit along with the results from your blood work. Visit [www.aetna.com](http://www.aetna.com) and create a new account or log in using your existing username and password. On the left side of the screen, select the Take a Health Assessment link. Next to the second question (Do you want to start over?), select the *Create a New Health Assessment here* link. You will then be prompted to begin the health assessment questionnaire. Please be sure and complete the entire assessment to get credit for your participation.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Waist Circumference: \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_ (optimal < 120/80 mmHg)

Cholesterol Total : \_\_\_\_\_ (optimal <200) HDL (Good) Cholesterol: \_\_\_\_\_ (optimal > 40)

LDL (Bad) Cholesterol: \_\_\_\_\_ (optimal <100) Triglyceride : \_\_\_\_\_ (optimal <150)

Blood Sugar: \_\_\_\_\_ (optimal <100 fasting, <140 non)

***Thank you for participating in this year's Health and Wellness incentive. For more wellness resources available to you including exercise classes and facilities, financial and behavioral health seminars and more, visit the Live Life Well Website on the City's Intranet page.***